

# FOR FAMILIES MIDDLE SCHOOL CHECKLIST

## ACHIEVE

- Do well in school.
- Help your student set goals for the year.
- Be vocal about expectations for school.
- Attendance is important; make sure your student goes to class.
- Ask questions about classes and teachers.
- Check your student's grades regularly.
- Encourage reading for pleasure.

### Take the right classes.

- Talk to school staff to make sure your student is on track for high school.
- Encourage your student to sign up for advanced classes as well as Pre-Algebra, Algebra, and a foreign/world language.

### Get organized.

- Help your student find a system to keep papers organized.
- Help your student find a quiet, well-lit study location.
- Establish a homework routine.

## ENGAGE

### Get involved.

- Encourage your student to participate in extracurricular activities and leadership opportunities.
- Get involved yourself—volunteer at the school, attend conferences and events, and be in touch with teachers.
- Help your student sign up for summer programs or volunteer opportunities.
- PARENTS OF 8<sup>TH</sup> GRADERS:** attend high school orientation with your student.

### Spend time with good people.

- Get to know your student's friends and their parents.
- Help your student find a trusted adult or older student who can serve as a mentor.

### Make good choices.

- Help your student understand appropriate, safe behavior online and on the phone.
- Share your expectations and the risks of behaviors like drinking, doing drugs, and having sex.

## EXPLORE

### Explore colleges and careers.

- Talk with your student about his/her future career goals and help make a plan.
- Share your expectations about college attendance.
- Help your student explore different types of postsecondary options.
- Find out if the school will take any field trips to college campuses and encourage your student to attend.
- Visit a college campus with your student.

### Learn about paying for college.

- You can afford college. Learn about financial aid.
- Set up a college savings account now. (Look into matched savings accounts that provide extra money for college.)
- Encourage your student to search for and apply for scholarships.



# FOR FAMILIES MIDDLE SCHOOL CHECKLIST

# IT'S A PLAN

## ACHIEVE

### CONVERSATION STARTERS

What are your goals for the school year for classes, sports, or other activities?

What are your plans to achieve these goals?

What is one cool thing you learned today at school?

What is your favorite class in school? Why?

What is the most challenging class in school? Why? Who can you ask for help?

## ENGAGE

### CONVERSATION STARTERS

What is one new activity that you want to try this year?

Who did you eat lunch with today?

Who is your favorite adult at the school? Why?

## EXPLORE

### CONVERSATION STARTERS

What job or career sounds interesting to you? What kind of education or training do you need?

Why do you think you may or may not want to go to college?

### NOTES:

